

Schreiber & Sons

It's a Culinary Adventure

www.schreiberandsons.com

Week 18 - Week of September 1st

1. Carrots
2. Bulb onion
3. Potato
4. Pepper, bell - colorful medley
5. Pepper, hot - Anaheim
6. Cucumbers
7. Squash - small share members only
8. Green beans
9. Melon medley - small shares 1 melon, medium shares 2 melons, large share 3 melons
10. Tomatoes - organic - Green Zebra, Black Krim and Garden Peach, Big Beef, Carolina Gold ; conventional - Green Zebra, Black Tulsa, Garden Peach, Big Beef, Carolina Gold
11. Sweet corn
12. Basil
13. Garlic
14. Peaches - large and medium share members only

If one simply counts the number of items in the list you may have some concern that the diversity is decreasing. One reason for the lower diversity is that the volume and weight of this week's share does not allow for more produce.... the boxes cannot hold more weight than this! Also, at the beginning of the season we said our goal was to have a season long average of 15 items per box. One might think there are 13 items in this box, but we count by the number of crop varieties, so if you get 2 melons that are different kinds that counts as two items, if you get three kinds of squash that counts as three and if you get four colors of peppers, each one is a different variety and each one counts..... we have easily surpassed the average of 15 items per box.

This will be the last week for basil and for green beans. You can expect tomatoes, potatoes, peppers, onions and melons for weeks to come. The conventional produce is all conventional, the organic produce is all organic except for the green beans and sweet corn.

Sweet corn. Let me tell you more about sweet corn than you really want to know. Sweet corn is easy to grow, but hard to grow without getting worms in it. There is an insect called the corn earworm. I am sure you may be familiar with it. The female moth flies to the corn plant and lays tiny, tiny little eggs on the green silks. The worm hatches

from the eggs and consumes the eggshell and a bit of the silk and then crawls down the silk and goes under the husk. Once it is under the husk it eats the developing kernels. The worm grows and grows until it is about half the size of your little finger. It chews up the kernels, defecates on the corn, allows bacterial and fungal organisms to start growing in the feeding wounds and in turn allows other disgusting, nasty insects to join in on the feast. The production of sweet corn is DEPENDENT on controlling this insect- nobody wants this kind of mess on their sweet corn. Growing up in Missouri we always grew our own sweet corn and corn earworm was a fact of life. You simply cut off the top two inches of the corn, if the damage was greater than that you threw away the ear. One of the interesting things about this pesky little pest is that it does not overwinter in Missouri where I grew up or in Washington where I live now. This insect dies out each winter during the cold weather and it is reintroduced each year. In Missouri, it comes up out of the Gulf Coast, Texas and Mexico, here it comes up from California.

Controlling the insect is easy if you pay attention to one little thing. The insect is very vulnerable from the time the egg is laid on the silk and crawls down the silk. Once it gets under the husk you cannot do anything about it. Washington is the leading producer of processed sweet corn and the processors demand perfect corn... no corn earworm allowed. They require the growers to control the insect, even going so far as to paying for the control costs. The growers apply an insecticide every 4 to 5 days. The insecticide only works if the insect walks across it or eats the silk or outer husks. The insecticide is not on the inside of the ear, so if the insect makes it under the husk it is literally home free. Sweet corn growers treat for corn earworm constantly as long as there are green silks. Once the silks are all brown the threat from corn earworm is over. The organic folks are wondering what do the organic growers use..... they use insecticides and they treat every three to four days. They use different kinds of insecticides, ones that are organically approved and considered safer, but insecticides nonetheless.

Fall Farm Party. The structure of this party will be similar to that of the Spring Farm Party except we will be in fall mode. We will go pick apples and pears and melons, dig carrots, look at the hops and generally wander around the farm and have great fellowship. Farm tours start at 1 p.m., and begin every hour until 4. We will have a meal at around 4 or 5. We will provide the venue, some vegetables to grill, lots and lots of melons and we are working on an awesome mixed grill of poultry. Following dinner we will have a really big bonfire or in this case some really big bonfires. We look forward to seeing you at our favorite place in the world.

Cardoon. If anyone else wants cardoon, you have let us know no later than the morning of the day you pick up your box.

Peach

Prunus persica

Nectarine

Prunus persica var. *nectarine*

The peach belongs to the *Prunoideae* subfamily of the Rosaceae with other species collectively referred to as "stone fruits". The subgenus *Amygdalus* contains the commercially important peach and almond. The Latin name for peach means "Persian plum" because the Romans imported it from Persia (now Iran) some 2,000 years ago.

Peaches and nectarines are produced commercially in 71 countries worldwide on about 3.5 million acres. China produces about 44% of the world's peaches, followed by Italy (13%), the United States (10%) then Spain and Greece. In 2004, the US produced about 3.1 billion pounds. The total value of the industry is about \$550 million. Peaches and nectarines are produced commercially in 29 states on about 114,000 acres.

There are thousands of peach cultivars worldwide, and far more are cultivated in economic quantities than for many other tree fruits. Cultivars fall into one of three major groups:

Nectarines - while labeled and marketed differently from peaches, nectarines are simply fuzz-less peaches and are sold almost exclusively to the fresh market. Nectarines are a bit more likely to be affected by diseases such as brown rot and bacterial spot. Many nectarine varieties have a spicy "zing" to their taste. The nectarine is thought to have originated as a mutant of the peach.

Freestone peaches - fresh market peaches

Clingstone peaches - used primarily for canning

The adherence of the flesh to the stone per se doesn't affect canning quality, but firm flesh texture is linked to the clingstone trait, so clingstones are used for canning. Clingstones also retain shape better, and have brighter color and clearer juice than freestone when canned. White-fleshed cultivars are popular in the Orient, but yellow flesh cultivars are preferred in the USA. However, more interest in white-fleshed peaches and nectarines has arisen in the last 5-10 years.

Nutritional benefit

The common peach isn't often commended for its many nutritional attributes. A surprising fact to note is that a medium peach packs a powerful 465 IU of vitamin A to combat the effects of aging. Further benefits of a medium peach include B vitamins, 3 mcg of folic acid, 5.7 mg of vitamin C, 4.35 mg of calcium, 1.4 grams of fiber, 171 mg of

potassium, and a little zinc. Their beta carotene also helps build a strong immune system to prevent damage from free radicals, and to avert many skin diseases. Beta carotene is a provitamin that the body converts into vitamin A.

Preparation and Storage

Peaches and nectarines always have to be picked ripe. They do not ripen well after they have been picked. You can keep peaches and nectarines for one to three days but you have to be very careful, one small bruise and it will go bad on that spot.

Peaches will peel more easily if blanched for a minute in boiling water then plunged in cold water for a minute to stop the effect of the heat. Peaches discolor quickly when exposed to the air, so should be sprinkled with lemon or lime juice, or a fruit keeper if not eaten or cooked immediately.

History

Peaches date back to the 10th century B.C. and are often found on illustrations from that time. *Prunus persica*, the scientific name of the peach, suggests that peaches came from Persia, but China is actually the peach's original home. Peaches were originally from an area near the city of Xian, China. Wild peaches, called "Maotao" or "Yietao", still grow in remote areas of China. Peaches spread to Russia and Persia (present-day Iran) probably because Chinese traders dropped peach pits along their trade routes. Alexander the Great and his armies found the peaches in Persia and brought them to Greece. Throughout the next centuries, peaches were spread all over Europe.

The peach got its name around 300 B.C. The Greek philosopher Theophrastus thought it came from Persia and named this lovely fruit to that country. In the first century the fruit is mentioned by Romans who wrote that they imported the fruit from Persia. It is supposed that the peach reached Europe around the year 0. In England they don't show up before 1650 A.D.

Introduced into the Americas by the Spanish, the peach quickly became a favorite among Native Americans who were growing it well before most of the colonists got around to planting peach trees. Long identified with Georgia, the Peach State, the peach remains a temperate climate fruit of short season that bruises easily, and is thus eagerly anticipated each summer and appreciated for its sweet, warm taste.

Archaeologists have found bowls of peaches, revered as a potent symbol of immortality, entombed with Chinese dignitaries several centuries before Christ. Peaches were probably the first fruit crop domesticated in China about 4000 years ago.

Cultivars grown today derive largely from ecotypes native to southern China, an area with climate similar to that of the southeastern USA, a major peach growing region.

Peaches were moved to Persia (Iran) along silk trading routes. In fact, the epithet *persica* denotes Persia, which is where Europeans thought peaches originated. Greeks and especially Romans spread the peach throughout Europe and England starting in 300-400 BC. Peaches came to the new world with explorers of the 16th-17th centuries, with the Portuguese introducing it to South America and Spaniards to the northern Florida coast of North America. Native Americans and settlers distributed the peach across North America into southern Canada, and it is cultivated in 2/3 of the 48 contiguous states today.

Strange enough, the nectarine is never mentioned in descriptions from the time Before Christ. Nectarines are first mentioned in America in 1720 when they grew between the peach trees in Virginia. A.J. Downing registered 19 nectarine races in America in 1857. Today many types of nectarines are cultivated. Darwin (1731-1802) noticed that peach trees spontaneously produced nectarines and that this also happens the other way around. He even describes a tree that produced a fruit that was half peach half nectarine and later fell back producing peaches.

Recipes

A friend and favorite Chef, John Ash offers “*Ode to a Peach*” Culinary Class with several recipes:

- Brined and Grilled Big Shrimp with Peach Salsa
- Grilled Peach and Fig Salad
- Grilled Marinated Flank Steak Soft Tacos with Peach-Chipotle Sauce
- Peach and Almond Shortcakes
- Vanilla Bean Ice Cream
- White Peach Jam

These are available at www.chefjohnash.com

Green Chile Stew

From: Santa Fe School of Cooking

Serves: 8

- 3 Tablespoons vegetable oil
- 1-1/2 pounds beef sirloin or pork butt, cut into 1-inch cubes
- 1-1/2 cups diced onion
- 1 Tablespoon minced garlic (more is always better)
- 6 cups chicken or beef broth
- 1 pound red or white potatoes, cut in 1-inch cubes
- 2 to 3 teaspoons salt, to taste

3 cups roasted, peeled chopped green chiles (I use mostly Anaheims, some jalapenos and a few serranos)

3 Tablespoons diced red bell pepper

2 Tablespoons, chopped cilantro, or to taste.

- 1) Heat the oil in a 6-quart pan over high heat and brown the meat in batches. Set aside.
- 2) In the same oil, sauté the onions until golden. Add the garlic and sauté 1 minute. Return the meat to the pan along with any juices that have accumulated.
- 3) Add the broth, potatoes, and salt and bring to a boil. Reduce the heat and simmer for 1 hour, until the potatoes are tender.
- 4) Add the green chiles and the red bell peppers, and cook 15-20 minutes more. Add the cilantro, stir, and serve.

I pureed the green chiles in the Cuisanart before adding them to the soup. Helped if any of the skin was left on in the roasting and peeling phase and made a heartier, creamier soup.

Fresh Tomato Salsa

from: the Internet

3 medium tomatoes

1/2-cup sliced green onions

1/2-cup chopped green bell pepper

3 Tablespoons lime juice (fresh)

2 Tablespoons cilantro (chopped)

1 Tablespoon jalapeno (finely chopped)

1 generous teaspoon minced garlic

1/2-teaspoon salt

First made at the Wojtowych Family Reunion 2007, made a double recipe and was generous with the portions. Used red and yellow tomatoes and added Serrano peppers to one batch and cumin to another.